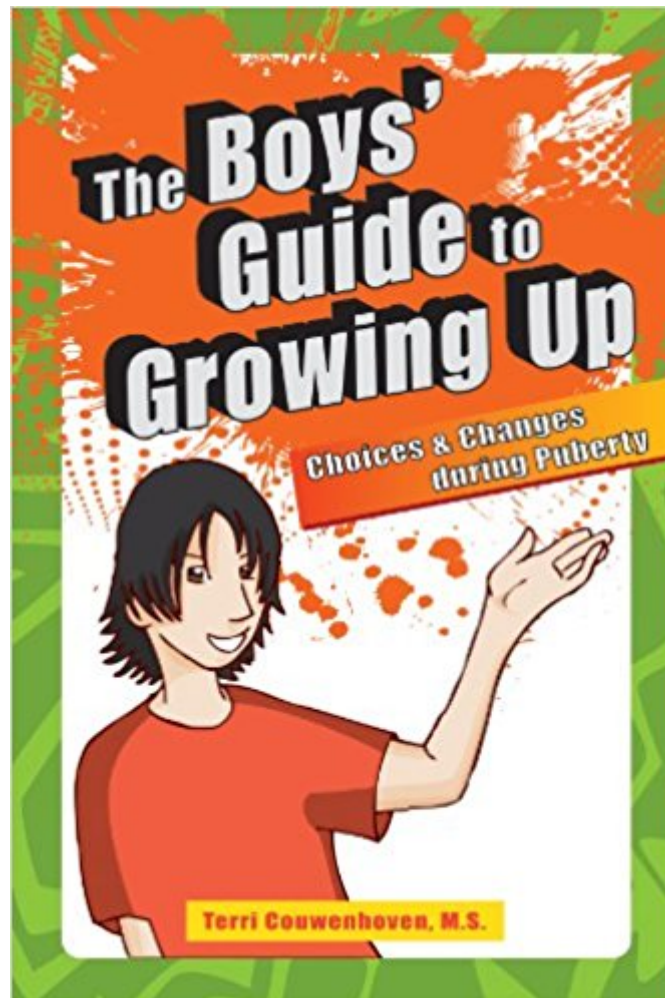




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# The Boys' Guide To Growing Up: Choices And Changes During Puberty



## Synopsis

The Boys' Guide to Growing Up gives boys with intellectual disabilities the facts they need to navigate puberty. Written at a third-grade reading level for boys aged 9-16 with Down syndrome, autism, cerebral palsy, mental retardation, fragile X, or other special needs, this book is the companion to The Girls' Guide to Growing Up (2011), also by Terri Cowenhoven. The author, a certified sexuality educator, draws on more than 20 years experience conducting workshops on puberty and sexuality issues with boys, girls, families, and professionals. The book's succinct text, realistic illustrations, and learning activities enable boys to read the book themselves or follow along with the aid of an adult. Its reassuring, matter-of-fact tone shows boys what changes--inside and out--to expect during puberty, and how to manage them: -Growth spurts and bigger muscles -Voice cracking and deepening -Blemishes and oily skin -Body and facial hair -Moodiness -Crushes, flirting, and sexual feelings -Erections, wet dreams, and masturbation The Boys' Guide to Growing Up gives practical advice on commonplace concerns such as shaving, what to do about zits, and how to smell nice. More complex and essential topics are covered too, such as how to know when flirting is reciprocated (or not!), how to hide or discourage an erection in public, what information is okay to share with others versus what should remain private, and how to stay safe. It's a must-have book for boys on the brink of puberty, teens who are in the midst of it, and the adults who care for them. Also check out Terri Couwenhoven's book for teaching children with Down syndrome about puberty and sexuality, Teaching Children with Down Syndrome about Their Bodies, Boundaries, and Sexuality.

## Book Information

Paperback: 64 pages

Publisher: Woodbine House (October 15, 2012)

Language: English

ISBN-10: 1606130897

ISBN-13: 978-1606130896

Product Dimensions: 0.2 x 6 x 8.8 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 19 customer reviews

Best Sellers Rank: #639,428 in Books (See Top 100 in Books) #77 in Books > Children's Books > Growing Up & Facts of Life > Health > Maturing #197 in Books > Children's Books > Growing Up & Facts of Life > Difficult Discussions > Abuse #614 in Books > Children's Books

> Growing Up & Facts of Life > Friendship, Social Skills & School Life > Special Needs

Age Range: 10 - 13 years

Grade Level: 4 - 11

## Customer Reviews

Gr 4 Up-All teens should be knowledgeable about the hormonal onslaught that pumps through their bodies, transforming their looks and affecting their moods. This book is geared to boys with "developmental disabilities." It explains basic information that includes body changes in growth, hair, skin, voice, and feelings. It is not a sex guide though it does not shy away from emerging sexuality. The simple language is deliberately clear and direct, enhanced by several black-and-white anatomical illustrations. Probably the most essential message is that children and young adults need to be aware of inappropriate physical contact and not become victims. Special-needs children and teens are particularly vulnerable due to their dependency on others. An important section is "Public or Private," which differentiates between what is appropriate and understanding what is not. While this is an important resource for parent, caregivers, and pre-pubescent and pubescent boys, there are some weak spots. The author's use of slang to keep the text familiar and approachable makes the book immediately dated. She refers to couples as "sweethearts," and makes comments like, "Shaving the hair on your face can help you look clean." Yes, but not shaving may make you look movie-star cool, and this side of teen attitude is ignored. The frequent use of exclamation marks becomes annoying. All in all, though, this volume will come in handy in addressing a subject area that is frequently avoided.-Alison Follos, formerly at North Country School, Lake Placid, NY  
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Puberty tends to hit us all like a bag of bricks. The Boys' Guide to Growing Up: Choices & Changes During Puberty is a practical advice guide for preteens and young teenagers as Terri Couwenhoven advises boys through this time of transition, dealing with all of the changes that barrage one during this time, dealing with everything from acne, hair, strength, and those pesky girl things. The Boys' Guide to Growing Up is worth considering for the young future man in one's life. --Children's Bookwatch, December 2012  
With its reassuring tone and straightforward style, The Boys' Guide to Growing Up is not only an excellent addition to any sex education collection, but also fills a unique niche by addressing the needs of boys with intellectual disabilities. --CAPHIS Consumer Connections

I am a special ed. teacher. Usually our school nurse teaches family life to our fifth graders. This year it was left to the teachers. I was very nervous. I ended up making a presentation from different resources from the internet. I found this book just before the date to teach family life. I loved how they gave simple clear rules for flirting. The book was well organized. It discussed matters in simplest terms.

My son and I read this book together in about 30 minutes. It was at his level. He understood the information and when he did not, he asked the appropriate questions. It is an easy read and likely appropriate for 10-15 year olds with special needs.

This is the perfect book for young boys heading toward puberty. It covers pretty much everything a boy should know about before he actually hits puberty. It's written in easy to understand language and covers a wide range of topics from how to tell if a girl likes you, to pubic hair, and even tackles masturbation. I would recommend that the parent(s) read it first so you'll be prepared for any questions that might arise.

Very helpful! With enough picture and simple descriptions I was able to start the talk with my little autistic son, who is 15 years old but more like a 7-9 year old. We read some pages and some I kept for a later time.

A great basic with specific information for teens and a great guide for parents when having to talk to their teen. As a special education teacher, I plan to lend this out to parents as needed to address an understanding of puberty changes and the need to talk about public vs private behavior.

My autistic sons are using this book for learning about their changes. It is excellent material to accompany good talk sessions and social stories. The best part is the simple and to the point facts and explanations, alongside with drawings.

Great book to help explain the changes a boy will experience during puberty. It is a great tool to help my son with special needs understand what is happening.

Excellent book to use with boys with or without disabilities to cover the "facts of life" in an easy to

understand manner. The pictures and text are very good describing the changes in a boy's body clearly.

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